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April 1949

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TURKEY

on the table
the year round



Contents

Turkey on the table the year round	1	Boneless steaks	15
Sizes that fit	1	Recipes	16
Styles to suit	1	Turkey chowder	16
Pieces that please	3	Turkey pie	16
Frozen and packaged	3	Broiled turkey livers	16
Preparing and cooking	5	Barbecued turkey wings	17
Preparing the dressed bird	5	Turkey a la king	17
Thawing	5	Turkey salad loaf	18
Stuffing	6	Giblet sandwich spread	18
Roasting in open pan	6	Baked turkey hash	19
Cooking backs, necks, and giblets	7	Turkey wings fricassee	19
Cooking fricassee pieces	7	Turkey noodle scallop	19
Roasting, whole turkey	8	Turkey dumplings	20
Roasting, half turkey	9	Turkey wings creole	20
Roasting, quarter	10	Turkey gravy	21
Roasting, half breast	11	Medium sauce	21
Braising, whole leg	12	Stuffings	21
Braising, thigh, drumstick, wing	13	Savory stuffing	21
Cross-cut steaks	14	Oyster stuffing	21

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Turkey on the table . . . the year round

Any day in the year may now be turkey day. "Apartment size" small turkeys and big ones—marketed in parts or steaks—suit today's small families and busy living.

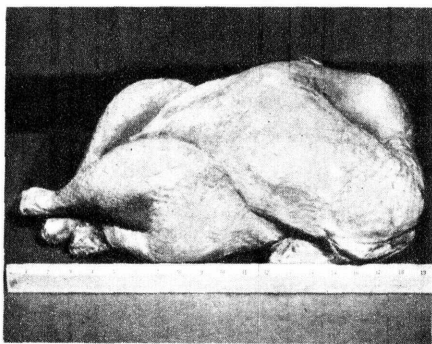
The modern turkey, so improved over the years that it is literally a new bird, comes both smaller and larger than its ancestors. It is also meatier and more tender, plumper and more compact, and has a larger proportion of breast meat. Today turkey can be bought by official grades which indicate quality—U.S. Grade A and U.S. Grade B.

Both whole turkeys and parts are marketed in new, convenient forms—ready-to-cook, either frozen and packaged or freshly drawn. Turkey is also marketed in ready-to-eat forms—canned, frozen, smoked.

Sizes that fit

For the small oven, there are small, meaty turkeys such as the Beltsville Small White and the Jersey Buff. Roasting-age young tom turkeys of these breeds weigh from 9 to 15 pounds, ready-to-cook or fully drawn; hens, from 5½ to 9 pounds.

Slightly larger breeds for the average-size family are White Holland, Black, Bourbon Red, and Nar-



Ready-to-cook turkey—saves time and work, is a good buy.

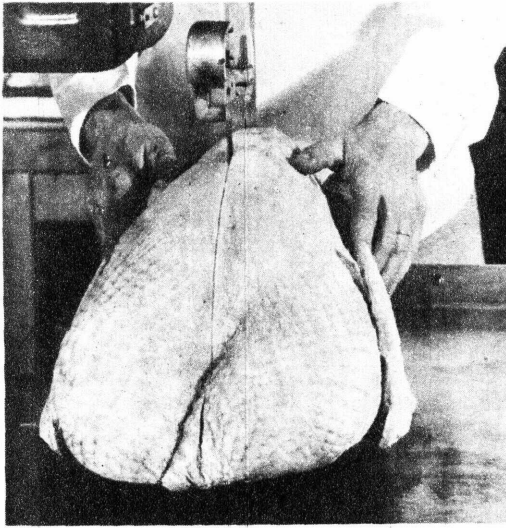
ragansett. Ready-to-cook, these toms weigh around 12 to 18 pounds, the hens 7½ to 11 pounds.

Largest of all is the Broad Breasted Bronze. Ready-to-cook toms of this breed average 17 to 24 pounds; hens, 10 to 14 pounds. But many a ready-to-cook Broad Breasted Bronze young tom will weigh as much as 28 to 30 pounds—an excellent choice for a large group at home, or at church, club, or school. Restaurants also make good use of these big birds.

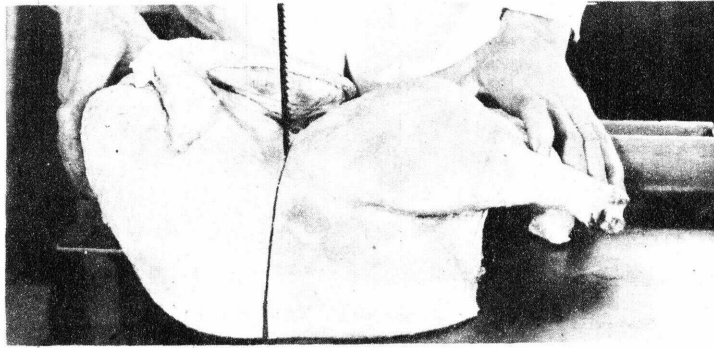
Styles to suit

Turkeys are sold live, dressed, or ready-to-cook. A dressed turkey has been bled and picked but not drawn; head and feet have not been removed. Ready-to-cook birds are fully drawn (eviscerated); pinfeathers have been removed, the bird has been thoroughly cleaned inside and out, and the cleaned giblets and neck are usually packed in the cavity.

Dressed birds come higher per pound than live ones; ready-to-cook, higher than dressed. But the actual

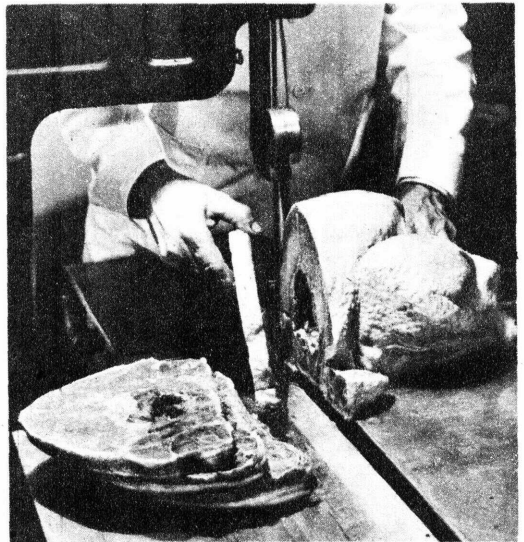


Large frozen turkey — ready-to-cook weight 22 pounds—is cut in half with a mechanical band saw. Most half turkey roasts weigh from 7 to 12 pounds and make from 15 to 25 servings.



Half bird is cut into two quarter "turkey roasts." Front quarter—largely white meat—may weigh $4\frac{1}{2}$ to 7 pounds. Rear quarter — mostly dark meat — may weigh $3\frac{1}{2}$ to 6 pounds.

Large frozen turkey—ready-to-cook weight 20 pounds — is sawed into cross-cut steaks about $\frac{3}{4}$ -inch thick. A steak this size makes two servings and is usually divided before cooking.



cost per pound of ready-to-cook weight is about the same for all three. Reason is, the dollar spent on live or dressed birds buys more waste. Worth considering too is kitchen time saved on ready-to-cook birds.

Weight loss in dressing and in drawing varies with the individual bird. In dressing, turkeys lose from 8 to 12 percent of their live weight. In drawing, dressed turkeys lose 13 to 16 percent of their dressed weight. From the live to the ready-to-cook state, turkeys lose from 20 to 26 percent of their weight. Giblets and neck are included in ready-to-cook (drawn) weight.

Pieces that please

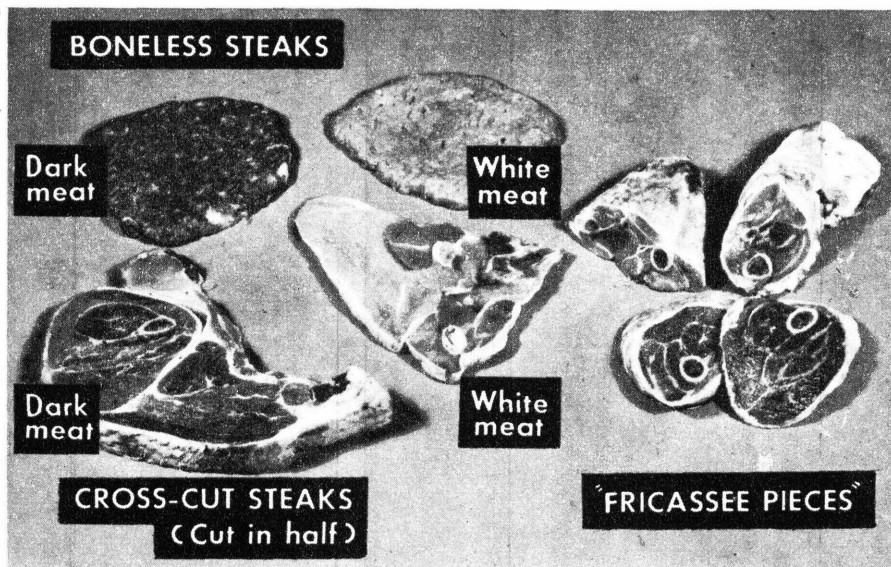
Turkey parts, fairly new on the market, are increasing in favor. Most widely known are half turkeys and quarter "turkey roasts." Other popular parts are disjointed pieces or "cut-ups"—legs, breast, wings,

neck, back; cross-cut steaks and "fricassee pieces" that result from cutting these steaks; and boneless or "knitted" steaks.

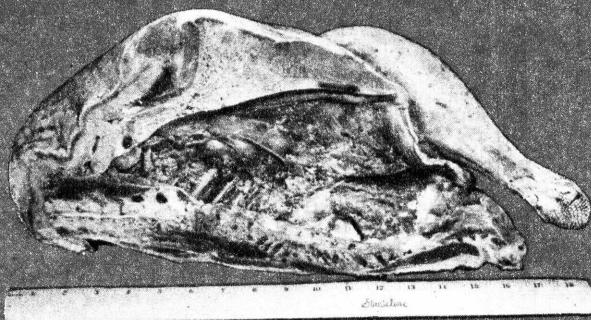
Turkey parts are usually made from very large birds. But there is also the small, young turkey about 3 months old which is split or disjointed for broiling or frying. For this purpose the smaller varieties having inconspicuous pinfeathers are most suitable for frying. They weigh $2\frac{1}{2}$ to 5 pounds, ready-to-cook.

Frozen and packaged

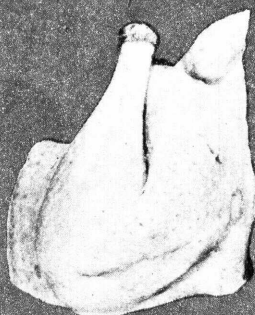
Turkeys should be chilled to 36° F. immediately after dressing or drawing and then kept at low temperature until cooked. Unless birds are cooked within a day or two, they should be frozen. Proper packaging of frozen turkey and parts keeps quality high and prevents loss of moisture. Together, freezing and packaging make turkey a round-the-calendar treat.



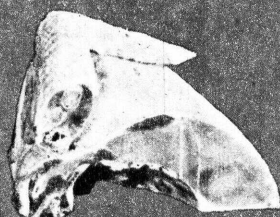
**TURKEY
HALF**



QUARTERS



Rear

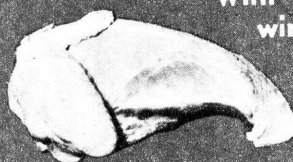


Front

**HALF
BREAST**

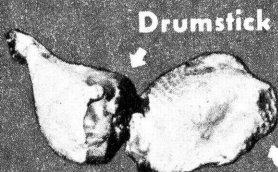


**Without
wing**



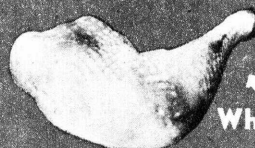
**With
wing**

LEG



Drumstick

Thigh



Whole

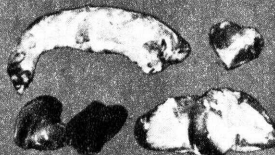
WINGS



BACK—in two parts



BACK NECK STRIP



GIBLETS and NECK

PREPARING AND COOKING

Ready-to-cook whole turkey and turkey parts of top quality should need no cleaning or other preparation before cooking. But for some birds you may have to remove pinfeathers, then wash and dry.

Dressed birds—bled and picked but not drawn, head and feet not removed—regardless of quality must be drawn and cleaned before cooking.

Preparing the dressed bird

First remove the pinfeathers with tweezers, a strawberry huller, or paring knife. If necessary, singe off the hairs over a flame. Cut off head and feet and scrub bird—use soda or mild soap if desired. Rinse well.

Cut out the oil sac on top of the tail. Make a small lengthwise slit in skin at side or back of neck. Then slip the skin down and remove the windpipe and crop. The crop is under the skin at lower end of neck. Cut the neck off short, leaving the neck skin on the bird. Save the neck for cooking.

Place bird on its back and cut circle around vent, leaving vent free to be removed with internal organs. Then make a crosswise cut in bird behind rear end of breastbone—large enough to admit hand. Draw out internal organs, vent, and giblets through this cut. Save giblets and discard rest. From under the ribs, remove the spongy red lung tissue and discard. Wash bird and wipe dry, inside and out.

To clean giblets, cut the heart free, remove clots and blood vessels. Cut liver from intestines. The green gall sac is attached to the liver. With a sharp knife, cut the sac away but be careful not to break it as the bitter gall will flavor the turkey.

Cut the gizzard loose and slit one side just to the inner lining. Turn gizzard inside out, pull out lining and discard it. Wash gizzard and other giblets well.

Thawing

Thawing frozen ready-to-cook turkey before cooking saves cooking time. But if not thawed first, allow one and a half times as long as usual to cook.

Boneless steaks are often cooked without thawing because they are extremely perishable.

There's no better place than the refrigerator for thawing **whole birds or parts**. Take off wrappings, cover turkey loosely with waxed paper. To speed thawing of **steaks and small parts**, separate them so air can reach each one.

For thawing in the refrigerator, follow this guide:

Large whole bird—about 2 days.

Small bird, half, quarter, half breast—at least overnight.

“Cut-ups” (leg, thigh, drumstick, wing)—from 3 to 9 hours.

Cross-cut steaks—6 to 8 hours, depending on thickness.

Boneless steak—4 to 6 hours.

Whole birds may be thawed under cold running water — which takes several hours for a large bird. Do not use warm water, or let the bird stand in water.

Large parts or small whole birds may be thawed at room temperature (around 70°F.) if cooked immediately after thawing. This method takes at least an hour per pound of bird, and so is not advisable for very large birds.

It is sometimes convenient to combine room temperature thawing and thawing at about 40° to 45° F. Allow a large turkey, for instance, to stand in a cool kitchen (around 70°) for a day. Then put it in the refrigerator or other cold place overnight, and roast the next day.

Stuffing

Two recipes for stuffing are given on page 21. Stuff loosely—stuffings swell as they cook.

Directions for stuffing whole turkey and large parts are given on pages 8 to 11.

Prepare stuffing ahead of time if you like. But refrigerate bird and stuffing separately.

A one-pound loaf of white bread makes 1 quart or more of large ($\frac{1}{2}$ inch) fluffy crumbs. It is best to use bread a few days old. To make crumbs, pull bread apart with fork or fingers or cut into cubes with a sharp knife.

If you use rice instead of bread crumbs, use 1 cup less of cooked rice than crumbs for whole birds, $\frac{1}{2}$ cup less for turkey parts. One

cup of uncooked rice makes 3 cups when cooked.

How much stuffing you will need depends on the size of the bird or part. Use the following table for the amount of bread crumbs and adjust other ingredients in the recipe accordingly:

Ready-to-cook weight, Pounds	Large fluffy bread crumbs, Quarts
---	--

Whole bird:¹

21 to 25	6 to 7
16 to 20	4 to 5
12 to 15	3 to 4
8 to 11	2 to 3
5 to 7	1½ to 2

Half bird:

10 to 12	2½
7 to 9	2
5 to 6	1½

Quarter or half breast:

5 to 6	1½
3 to 4	1

¹Weight includes neck and giblets.

Roasting in open pan

To cook a whole turkey evenly, you may start it on one side of the breast, turn to the other side, and then to the back.

Turn about every hour for small or medium-sized birds, every hour and a half for large birds. Baste with pan drippings each time the turkey is turned. The bird is done when the joints can be moved easily.

TIMETABLE FOR ROASTING WHOLE BIRD

Dressed weight	Ready-to-cook weight ¹	Oven temperature ²	Time
Pounds	Pounds	°F.	Hours
24 to 29	21 to 25	250	8 to 9
18 to 23	16 to 20	250 to 275	6½ to 7½
14 to 17	12 to 15	275	5 to 6
10 to 13	8 to 11	300	3½ to 4½
6 to 9	5 to 7	325	2½ to 3

¹Includes neck and giblets.

²250° to 300°F. is a very slow oven; 325° is a slow oven.

Halves, quarters, and half breasts need not be turned since they are not as thick as the whole bird. These turkey parts provide fewer drippings than the whole bird and may have to be basted with melted fat. They prick easily when done.

Turkeys and parts usually need no basting during the first hour and a half of roasting.

Cooking backs, necks, and giblets

Backs and necks provide excellent cooked meat for combination dishes when simmered, that is, cooked gently in water just below the boiling point.

Separate neck from back and cut back in half. Drop into enough simmering salted water to cover the meat. Cover pan and simmer until meat is tender—1½ hours or longer. A back yields 1 to 3 cups cooked meat, depending on size. An average-sized neck yields about 1½ cups.

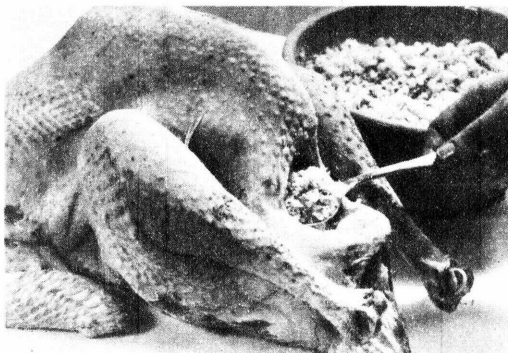
Giblets are often added to gravy. Simmer in lightly salted water in a covered pan until tender. Whole gizzards and hearts take at least 1½ hours; liver, cut in half, 30 to 60 minutes.

Turkey broth from cooking backs, necks, and giblets adds flavor to many dishes.

Cooking fricassee pieces

Wing tips and small round pieces from shank end of leg, sometimes called "fricassee pieces," remain after cutting cross-cut steaks. They are sold separately or with the steaks or other turkey parts. Two of these pieces usually make a serving and fricasseeing makes them tender and brown.

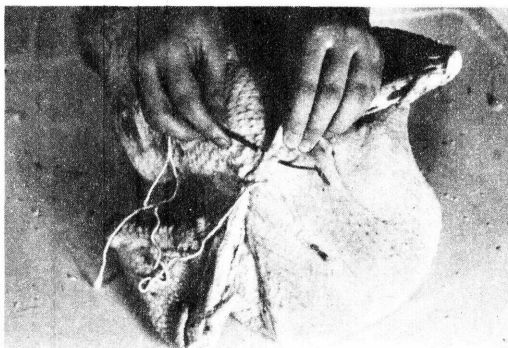
To fricassee, roll pieces in seasoned flour, brown in hot fat, then add a little water to pan. Cover and cook slowly until tender. Thicken with a little flour at the last if desired. Cooking time varies, depending on kind and size of piece.



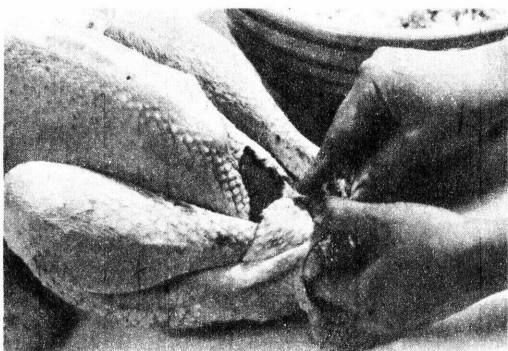
Roasting

... whole turkey

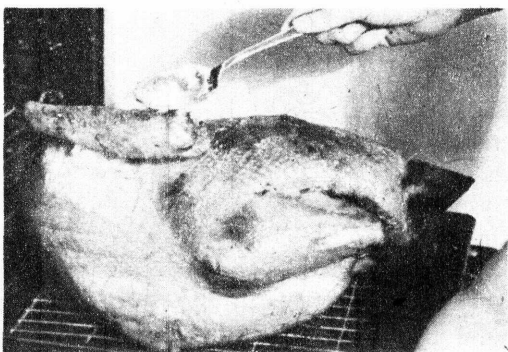
◀ Salt inside of bird. Fill body and neck cavities loosely with stuffing. For amount of stuffing, see page 6. Hold stuffing in with large piece of bread crust at opening.



◀ Fold neck skin toward back and fasten with skewer, poultry pins, or a few stitches. For stitching, use clean white wrapping cord and large needle such as upholsterer's needle.



◀ Tuck legs under band of skin; or stitch through skin, wrap cord around legs and under tail to hold legs in place. To make bird ready for pan, rub with fat. Salt if desired.

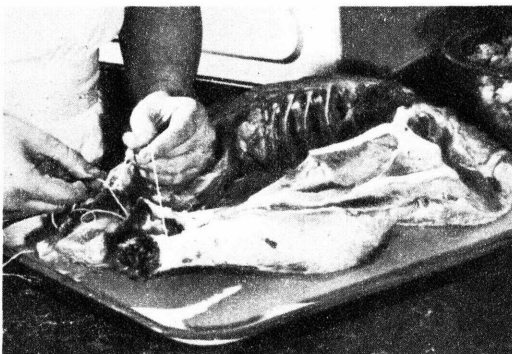


◀ Place breast down on rack in shallow open pan—no water. To cook evenly, turn from one side of breast to other, then breast up and repeat. Baste during cooking. For oven temperature and time, and when to turn, see pages 6 and 7.

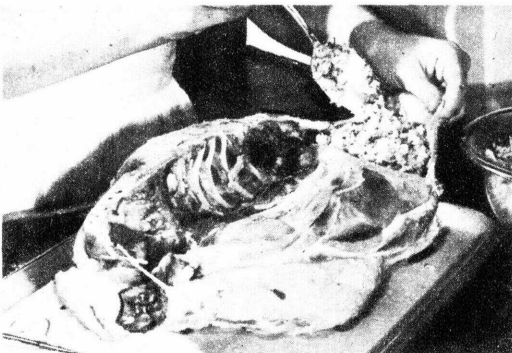
Roasting

... half turkey

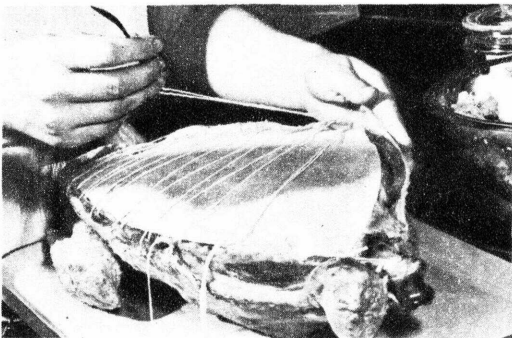
Tie tail and leg of half bird together by stitching clean wrapping cord through skin at end of leg and then through meat of tail. Upholsterer's needle is good for stitching.



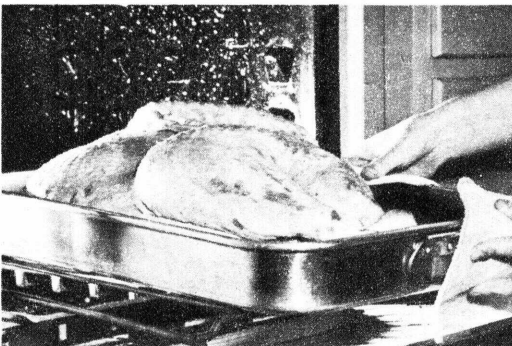
Place bird cut side up. Sew loose skin at neck so it forms pocket. Salt pocket, and fill loosely with stuffing. Salt body cavity and stuff. For amount of stuffing, see page 6.

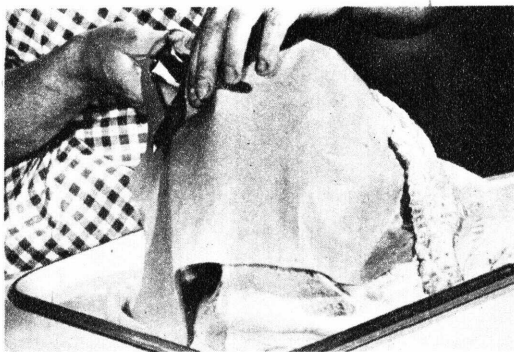


Cut heavy paper and place over stuffing. Lace across, catching skin on each side. Or mound stuffing on heavy paper on rack and place bird over stuffing. Rub skin with fat.



Roast at 300 F. stuffing side down on rack in shallow open pan—no water. Cook $1\frac{1}{2}$ hours, then baste with drippings and baste every 45 minutes until done. Half turkey 7 to 9 pounds takes $4\frac{1}{2}$ to 5 hours, a larger half bird longer.

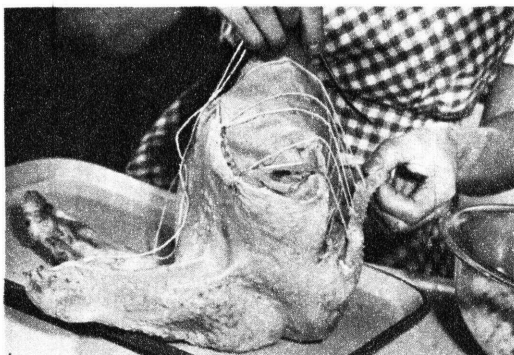




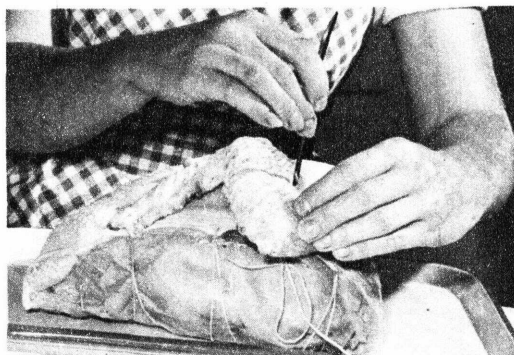
Roasting . . . quarter

A stuffed front quarter, shown here, and a stuffed rear quarter are prepared similarly. To roast them unstuffed, sew or skewer skin edges over bone and meat to prevent drying.

◀ After salting and stuffing cavity, shape heavy paper to fit around stuffing. For amount of stuffing, see page 6.



◀ Lace cord across paper from side to side, catching skin with each stitch. Skin should cover most of meat and edge of bone.



◀ Anchor wing tight to body with stitches or skewers. On rear quarter, sew drumstick to tail. Rub skin with fat.



◀ Roast skin side up on rack in open pan—no water—about 4 hours at 325°F. Baste several times. Carve like whole turkey.

Roasting ... half breast

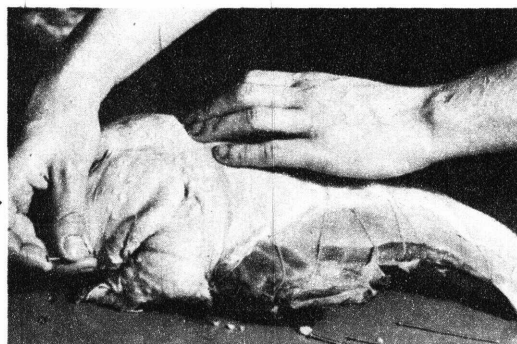
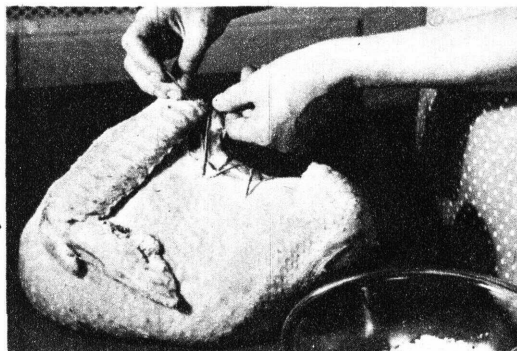
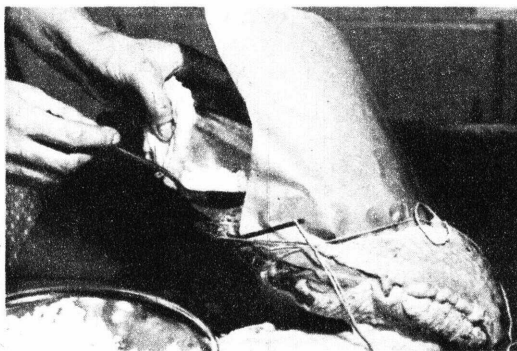
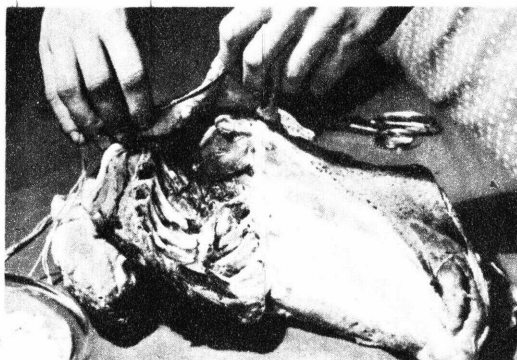
Turkey half-breasts are cut without the backbone and with wing attached or removed. They make four to six good servings when they come from big meaty turkeys.

Salt cavity. Draw up skin of neck with needle and cord. Lace across cavity, catching skin at each side.

Put heavy paper under lacing to hold in stuffing. Hold piece neck down; stuff loosely. For amount of stuffing to use, see page 6.

Finish stitching to hold stuffing in place. If a wing is attached, sew it down with cord or anchor with skewers.

If piece has no wing, skewer or sew wing skin to breast meat. Roast paper-side down $3\frac{1}{2}$ to $4\frac{1}{2}$ hours at 325°F. , basting several times.



Braising . . . whole leg

A whole leg—drumstick and thigh—of a large turkey is enough for 4 or 5 good servings. Braising is an excellent way to cook a turkey leg for a tender, golden-brown product.

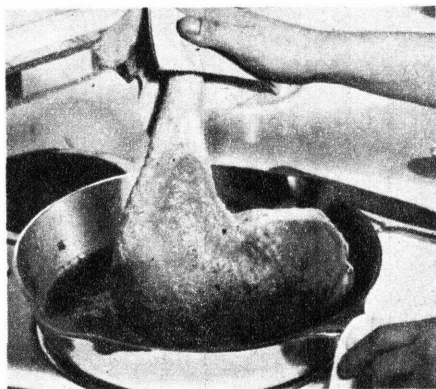


Skewer thigh to drumstick by folding skin inside joint—to keep leg bent. Skewer skin to meat at top of leg.



Rub flour seasoned with salt and pepper into skin. It gives the cooked turkey that golden brown color.

Brown leg in hot fat, turning frequently. To brown the joint end, hold leg as shown. Browning the leg may take 20 minutes.



Add a little water and cook covered over low heat or in oven at 350°F. until joint moves easily. Cook 2 to 3 hours, depending on size.

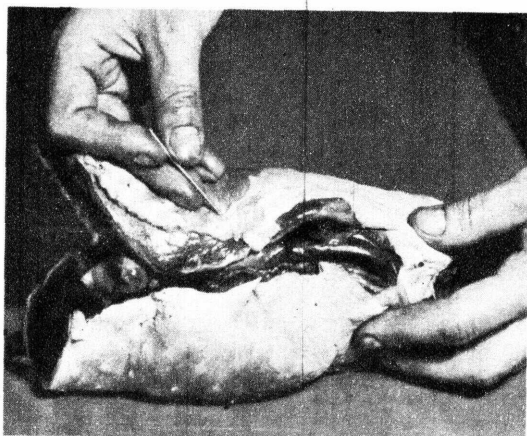


Braising . . . thigh, drumstick, wing

Skewer or fold as below. Dip in flour-salt-pepper mixture, brown in hot fat. Add a little water, cover pan. Cook over low heat or in oven at 350°F. Cooking takes 1½ to 2½ hours, including browning.

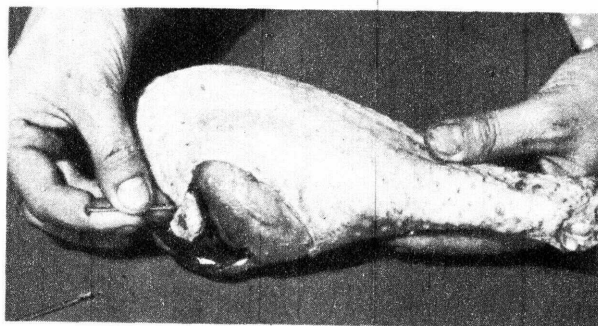
Thigh . . .

Pull skin around meat and fasten with skewers. Skewers will loosen in cooking. Makes 2 or 3 servings.



Drumstick . . .

Pull skin over end of joint, fasten with skewers. In browning hold up in pan to brown joint end. Makes 2 servings.



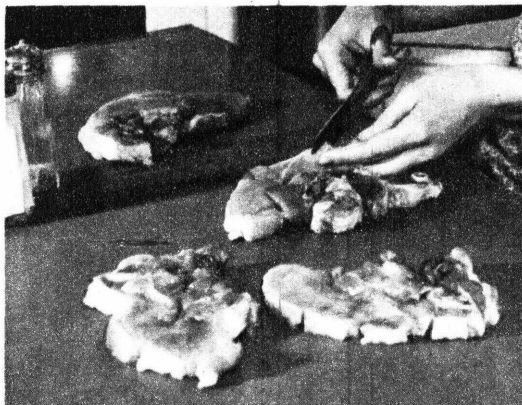
Wing . . .

Fold tip under heavy bone. No skewers are needed. Each wing makes a serving.

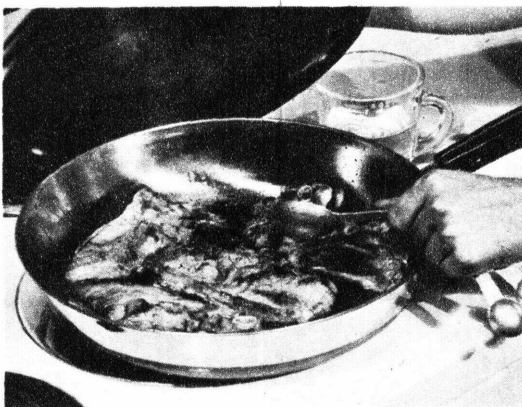


Cross-cut steaks

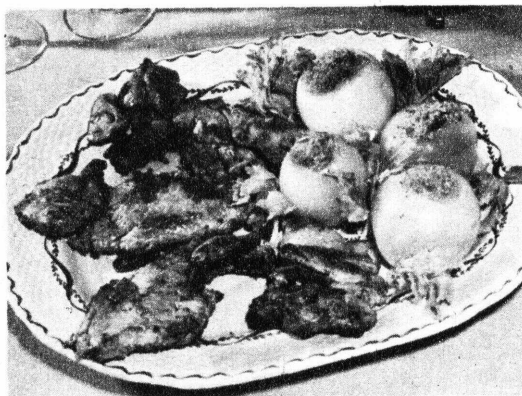
Cross-cut turkey steaks are slices of the bird with bone left in. They are cut half an inch thick or thicker. These steaks may be braised uncoated as below or may have a crumb coating.



With scissors, clip each steak around edge at about 1-inch intervals to keep meat flat as it cooks. Season with salt and pepper.



Brown in hot fat about 4 minutes on each side. Add 2 tablespoons water, cover tightly, and cook over low heat 15 to 20 minutes.



Then uncover pan and turn up heat to dry steaks a little. Finished product should be tender and brown.

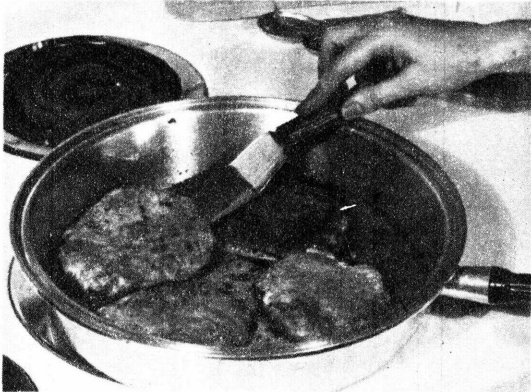
Boneless steaks

Boneless steaks of light or dark meat are made with a machine which "knits" small and large pieces together. They may be cooked with or without a coating. Coated steaks are shown below.

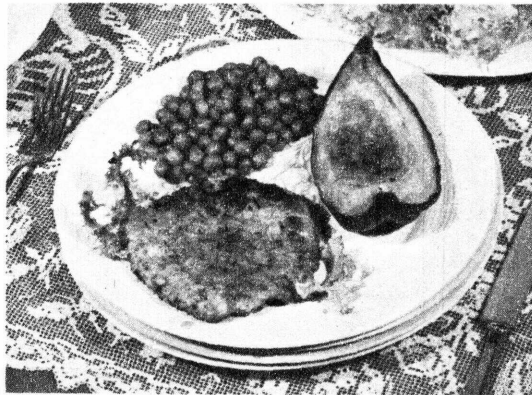
Sprinkle with salt and pepper. Dip in mixture of beaten egg and 1 tablespoon water, then in crumbs. Dip again in egg and crumbs.



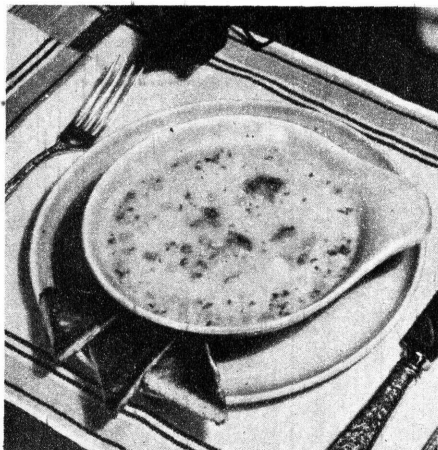
Brown in hot fat 5 to 8 minutes on each side—no water, no cover—medium heat. Dark meat takes a little longer than white.



Already in neat, individual portions, golden brown boneless steaks are an unusual treat.



Recipes



Turkey chowder (pictured above)

- 2 tablespoons chopped bacon
- 1/4 cup chopped onion
- 1 cup diced celery
- 2 cups cubed potatoes
- 1 cup diced cooked turkey
- 2 cups turkey broth (see p. 7)
- 1 cup whole kernel corn
- 2 tablespoons chopped parsley
- 2 tablespoons flour
- 1 cup milk
- Salt and pepper

Place bacon in frying pan over heat. When some of the fat has been cooked out add the onion. Continue cooking until onion is soft and bacon is brown.

Meanwhile, cook celery, potatoes, and turkey in broth until the vegetables are tender. Then add corn, cooked bacon, onion, and parsley.

Blend flour with milk and stir into cooking mixture. Cook about 15 minutes longer, stirring occasionally. Season to taste.

6 servings.

Turkey pie

- 1 1/2 cups chopped cooked turkey
- 1/4 cup cooked diced celery
- 2 tablespoons finely minced onion
- 3/4 cup cooked diced carrots
- 1/4 cup canned or cooked peas
- 1 1/2 cups medium sauce or turkey gravy (see p. 21)

Unbaked pastry

Place turkey, vegetables, and sauce in layers in shallow baking dish or in four individual baking dishes.

Bake in hot oven (425°F.) 20 minutes or until hot through. Meanwhile, cut pastry into four circles or other designs and bake 12 to 15 minutes on baking sheet.

Place baked pastries on top of pie and serve.

One cup-seasoned mashed potatoes may be used in place of pastry. Add potatoes in ring around edge of pie before baking.

4 servings.

Broiled turkey livers

4 large livers **Sliced bacon**

Cut livers into slices about 1/3 inch thick. Wrap each slice with a slice of bacon.

Preheat broiler. Place slices of liver on broiler about 3 1/2 inches from heat.

Broil first side 4 minutes, baste with the bacon fat, and turn. Baste the second side and broil 3 or 4 minutes.

4 servings.

Barbecued turkey wings

(pictured below)

- 4 wings
- 2 tablespoons brown sugar
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{3}{4}$ teaspoon salt
- 2 tablespoons vinegar
- 1 tablespoon Worcestershire sauce
- $\frac{1}{3}$ cup tomato catsup
- $1\frac{1}{2}$ cups water

Place wings in large frying pan

Mix all other ingredients to make sauce. Pour sauce over turkey and cover pan.

Simmer over low heat until the wings are tender, about 2 hours. Remove the cover and place pan under broiler. Continue cooking, basting frequently, about 15 minutes or until the sauce is mostly absorbed.

4 servings.

Turkey a la king

- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{4}$ cup finely chopped green pepper
- $\frac{1}{4}$ cup sliced mushrooms
- 2 cups chopped cooked turkey
- 3 cups medium sauce or turkey gravy (see p. 21)
- Salt
- Pepper

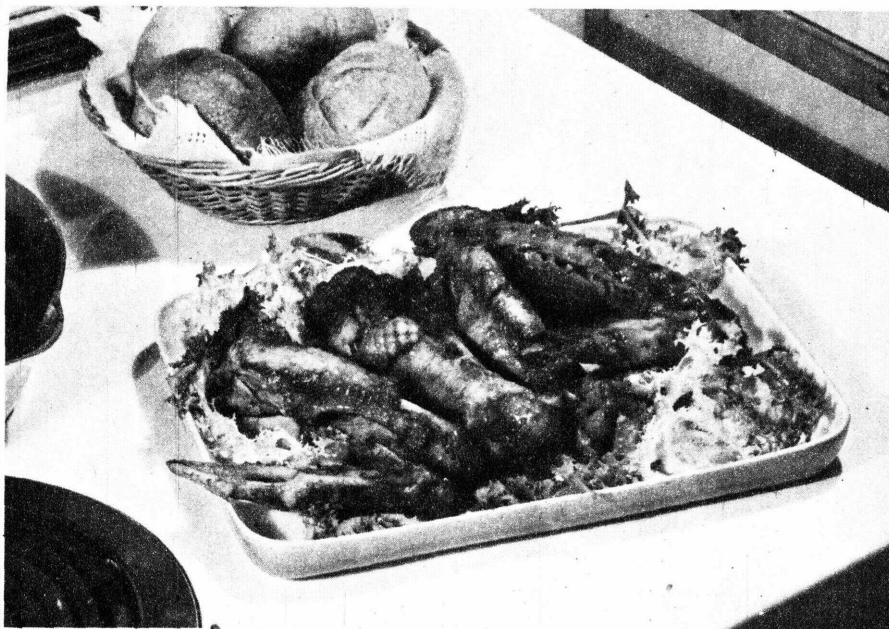
Cook vegetables and mushrooms in a little water until tender, then drain.

Add vegetables, turkey, and mushrooms to sauce. Season to taste with salt and pepper.

Heat thoroughly over low heat or hot water.

Serve on toast or biscuits or on cooked rice.

6 servings.



Turkey salad loaf
(pictured below).

- $\frac{1}{4}$ cup vinegar
- $\frac{1}{3}$ cup salad oil
- $\frac{1}{4}$ teaspoon salt
- Pepper
- Paprika
- 3 cups chopped cooked turkey
- 2 tablespoons unflavored gelatin
- $\frac{1}{2}$ cup cold water
- $2\frac{1}{2}$ cups hot clear broth (see p. 7)
- $\frac{1}{2}$ teaspoon salt
- 2 hard cooked eggs, sliced
- $\frac{1}{2}$ cup cooked or canned peas
- 6 stuffed olives, sliced
- 1 teaspoon onion juice
- $\frac{1}{2}$ cup finely chopped celery

Mix first five ingredients and pour over turkey. Allow to stand 1 to 2 hours, turning occasionally.

Sprinkle gelatin on cold water and soak a few minutes. Dissolve soaked gelatin in hot broth.

Add salt and cool until slightly thickened.

Make a design of sliced eggs, peas, and olives on bottom of salad mold and cover with a thin layer of thickened broth. Chill until firm.

Mix onion juice, celery, and drained turkey with rest of thickened broth. Carefully pour this mixture into the mold and chill until firm. Unmold to serve.

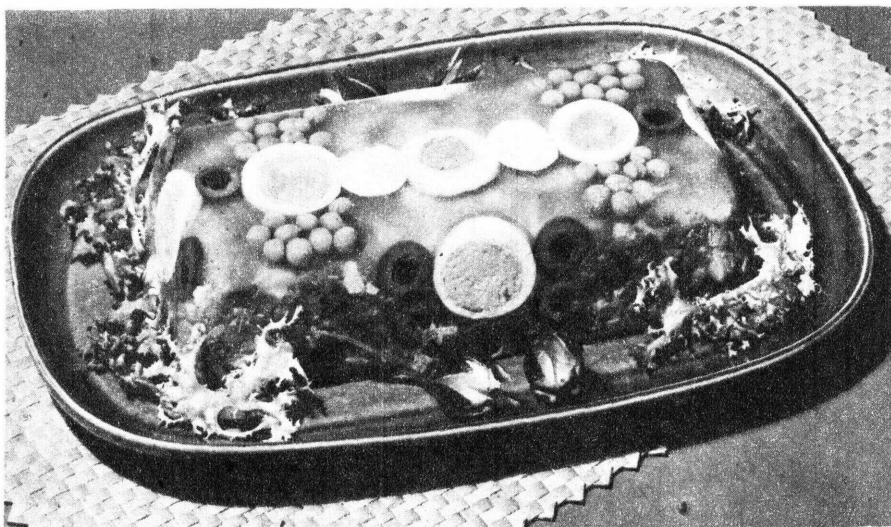
6 servings.

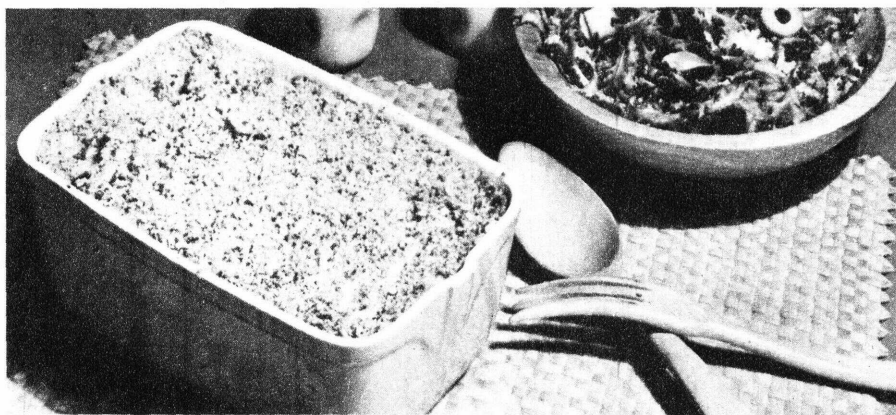
Giblet sandwich spread

- 1 cup ground cooked giblets
- 1 tablespoon each finely chopped pimiento, onion, green pepper
- $\frac{1}{4}$ cup finely chopped celery
- $\frac{1}{3}$ cup finely chopped sweet pickles
- $\frac{1}{3}$ cup mayonnaise or thick salad dressing
- Salt and pepper

If desired, put vegetables and giblets through food chopper. Then mix all ingredients.

Makes spread for 6 sandwiches.





Baked turkey hash

- 2 cups ground cooked turkey**
- 2 cups ground or finely chopped potatoes**
- 2 tablespoons chopped green pepper**
- $\frac{3}{4}$ cup finely chopped or ground onion**
- $1\frac{1}{2}$ teaspoons salt**
- Pepper**
- $\frac{1}{2}$ cup turkey broth or water (p. 7)**

Mix all ingredients together. Place in a greased baking dish. Cover.

Bake in moderate oven (350°F.) about 1 hour, removing cover during last half hour for browning.

4 servings.

Turkey wings fricassee

- 4 turkey wings**
- 3 tablespoons fat**
- $2\frac{1}{2}$ cups water**
- $\frac{3}{4}$ teaspoon salt**
- Pepper**
- 2 tablespoons flour**

Brown the wings in the fat. Add water, salt, and pepper. Cover the pan.

Simmer until the wings are tender, about 2 hours, turning once. Add more water if needed.

Blend flour with a little cold water and add to cooking water for thickening. Cook about 15 minutes longer.

4 servings.

Turkey noodle scallop (pictured above)

- $\frac{1}{4}$ cup finely minced onion**
- 3 cups medium sauce (see p. 21)**
- 3 cups cooked noodles (6-ounce package)**
- $\frac{1}{2}$ cup cooked or canned peas**
- 2 cups diced cooked turkey**
- $\frac{1}{2}$ cup grated cheese**
- Crumbs mixed with fat**

Add onion to sauce. In turn, place layers of noodles, peas, turkey, cheese, and sauce in greased baking dish. Sprinkle crumbs over top.

Brown in a moderately hot oven (400°F.) about 20 minutes or until sauce starts to bubble through crumbs.

8 servings.

Turkey dumplings

1½ cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
2½ cups ground cooked turkey
1 cup milk
1 egg, beaten
About 3 cups thin turkey gravy or
broth (see pp. 7 and 21)

Sift flour, baking powder, and salt together. Add turkey and mix thoroughly.

Add milk to egg and stir into turkey and flour mixture.

Heat gravy in deep pan. When gravy boils, drop mixture into it by spoonfuls. Cover tightly at once.

Cook about 15 minutes. Do not remove cover at any time during cooking.

10 medium-sized dumplings.

Turkey wings creole

(pictured below)

4 turkey wings
Flour-salt-pepper mixture
3 tablespoons fat
1 cup chopped onion
½ cup chopped green pepper
1½ teaspoons salt
1 bay leaf, if desired
Cayenne pepper
1 clove garlic, sliced
2½ cups cooked or canned
tomatoes

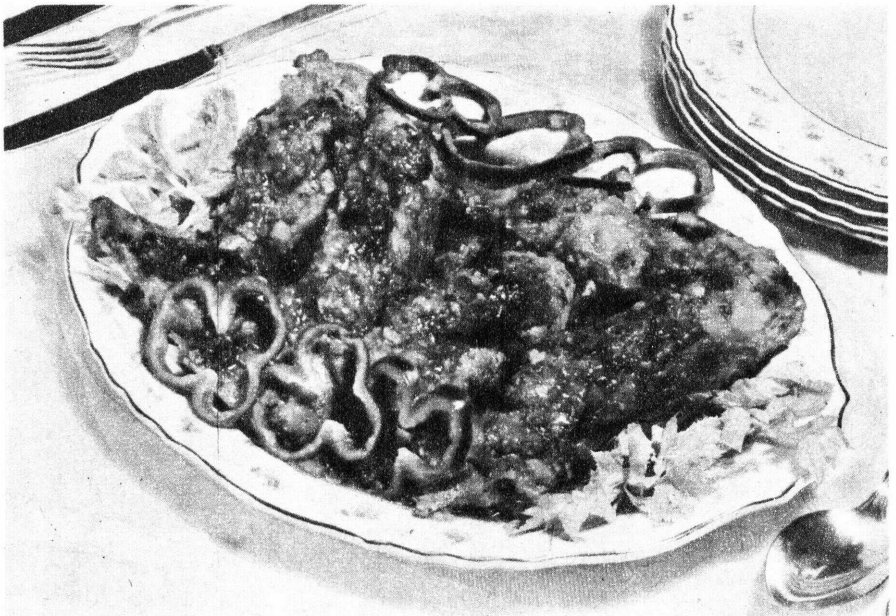
Dip wings in flour mixture, brown in hot fat in large frying pan about 20 minutes.

Add onion and green pepper and cook in the fat a few minutes.

Add other ingredients, cover pan.

Simmer about 2 hours or until wings are tender; add a little water if needed to prevent sticking.

4 servings.



Turkey gravy

Pour drippings out of roasting pan. Let fat rise, skim it off. For each cup of liquid (brown stock: giblet broth; water, if needed), blend $1\frac{1}{2}$ to 2 tablespoons flour in roasting pan with equal quantity of the fat. Add cool or lukewarm liquid slowly, stirring constantly over low heat. Cook until thickened. Season.

Medium sauce

2 tablespoons fat
(turkey or other)
2 tablespoons flour
1 cup liquid (part turkey broth,
see p. 7)
 $\frac{1}{4}$ teaspoon salt

Melt fat, blend in flour. Add liquid and salt. Cook over low heat or hot water until thickened.

Stuffings

Poultry stuffings generally start with a dry base—bread crumbs, flaky cooked rice, or seasoned mashed potatoes. Use melted table fat or poultry fat for richness. For flavor, add herbs, finely chopped vegetables, and dry seasonings.

A word of advice to cooks who prefer stuffings moist—go lightly on adding broth. A few tablespoons is enough because stuffing takes up moisture from the turkey. The recipes below make dry stuffings.

Savory stuffing

1 quart bread crumbs
 $\frac{1}{3}$ cup fat
 $\frac{3}{4}$ cup chopped celery
3 tablespoons chopped parsley
2 tablespoons chopped onion
 $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon savory
seasoning
 $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt
Pepper to taste

See the table on page 6, for quarts of bread crumbs needed for bird or part to be roasted. Multiply quantity of each ingredient in recipe by this number.

Melt fat in frying pan, add celery, parsley, and onion, and cook a few minutes.

Add to crumbs with the seasonings. Mix lightly but thoroughly.

Add nuts, if desired.

Oyster stuffing

1 quart bread crumbs
 $\frac{1}{2}$ pint oysters
 $\frac{1}{3}$ cup fat
1 tablespoon chopped parsley
 $\frac{1}{2}$ tablespoon chopped onion
Pinch savory seasoning
Pinch celery seed
 $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt
Pepper to taste

See table on page 6 for quarts of bread crumbs needed for bird or part to be roasted. Multiply quantity of each ingredient in recipe by this number.

Heat oysters gently in their own liquid a few minutes. Drain.

Melt fat in a frying pan, add parsley and onion, and cook a few minutes.

Mix lightly but thoroughly.



**whole or
part
hot or
cold
summer
winter
spring
or
fall**

Additional information on poultry cooking and preservation available from
 U. S. Department of Agriculture, Washington 25, D. C.
 Poultry Cooking. Farmers' Bul. 1888. Home Canning of Meat. AWI-110
 Freezing Meat and Poultry Products for Home Use. AWI-75
 Chicken in the Freezer. AIS-74